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ABSTRACT

This volume is intended to help speakers of the Hmong language express their health problems to English-speaking medical personnel and social workers, and to help those English speakers understand them. In addition to the introduction, the book contains chapters dealing with the following: (1) a discussion of the language itself, with examples; (2) useful phrases for carrying on any elementary conversation; (3) phrases for the medical interview; (4) phrases used in medical examinations; (5) phrases especially useful to women; (6) word lists arranged according to topic; and (7) English-Hmong anatomy diagrams. (AMH)

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ED230049

ENGLISH-HMONG MEDICAL HANDBOOK...

HOW DO YOU FEEL?
KOJ PUAS XIS NYOB?

BY

JEAN LEYMAN

HMONG TRANSLATION

BY

XENG LY

U.S. DEPARTMENT OF EDUCATION
NATIONAL INSTITUTE OF EDUCATION
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TABLE OF CONTENTS
COV ZAJ LUS HAUV PHAU NTAWV

I. Introduction 1
ZAJ QHIB LUS

II. A Word About the Language 3
LO PUAV LUS HAIS TXIG NTAWV HMOOB

III. Useful Phrases 8
COV ZAJ LUS UAS NIAJ HNUB SIV

IV. The Medical Interview 9
LUS NUG TXOG KEV MOB NKEES

V. The Medical Examination 15
KEV TSHUAJ XYUAS KAB MOB

VI. Especially for Women 17
LUS HAIS TXOG PCJ NIAM NKAUS XWB

VII. Word Lists 19
COV LUS TXHAIS

1. Sex and Reproduction 19
KEV SIB DEEV THIAB KEV XEEB TUB

2. Numbers and Counting 21
ZAUV THIAB KEV SUAV

3. Time 21
SIJ HAUM

4. The Family and the Clans 23
TSEV NEEG THIAB COV XEEM

5. Names for Other People 25
NPE LWM HAIV NEEG

6. Occupations 26
HAUJ LWM

7. Action Words (Verbs) 26
COV LUS QHIA UA XWS LI; NOJ, NYOB, PW

8. Place and Direction Words (Prepositions) 28
COV LUS QHIA TXOG CHAW NYOB CHAW MUS

9. Discriptive Words (Adjectives)..... 29
COV LUS PIAV QHIA XWS LI; LOJ, ME SIAB

VIII. English-Hmong Anatomy Maps..... 31
ASKIV-HMOOB NPE QHIA NEEG LUB CEV

1. The Head and the Neck..... 31
TAUB HAU THIAB CAJ DAB

2. The Body 32
LUB CEV

3. Inside the Body..... 33
HAUV NROG CEV

ERRATA

Table of contents

II NTXIG rather than TXIG
VII -3 HAWM rather than HAUM

p.3 line 2 (title) NTXIG rather than TXIG
p.3 " 5 DAWB rather than DUB
p. 8 " 19 ZAUM rather than ZAWM
p. " " 22 LUS rather than LOS
p. 10 " 29 QAUG rather than QUAG
p. 12 " 17 MOB- place between KOJ and ZAUM
p. 17 " 6 TUB rather than LUB
p. 18 " 2 YUG rather than YOG
p. 21 section 3, time, SIJ HAWM,rather than HAUM
p. 27 first column line 8 TSAV rather than TSAB
p. 27 " " last line NCAWS rather than NCAUS
p. 28 section 8, line 6 HAUV rather than HAUM
p. 29 first column, last line SIAB rather than SAIB
p. 31 eyelash QHOV rather than QHO
p. 35 first paragraph second line. first word, KHUAM rather than KHAUM

I. INTRODUCTION

The purpose of this book is to help speakers of the Hmong language to express their health problems to English speaking medical and social workers and to help those English speakers to understand them. It is not primarily to teach either language. Nor is it to teach medicine. Its aim is to be of help to a people who are in the process of adjusting to life in the United States.

The Hmong are one of the most recent people to be flung into modern times. Most of them have been displaced from their homes in Laos and while many have come to the United States, many more are still in the refugee camps of Thailand. Many of them will have wounds or injuries related to the long wars in Southeast Asia, as well as the effects of herbicides and gasses. They will also have many emotional wounds as a result of separation and homesickness.

They have been known to the Chinese since ancient times, and many still live in China, but until recently have been known to few Westerners other than sinologues, missionaries, and military personnel. Some of the Hmong know French, more know Laotian, but the majority speak no language but their own. There has been little linguistic work done that was of direct benefit to the Hmongs themselves, except for the establishment of the Romanized Popular Alphabet (RPA) in the fifties, and I hope that this work will be one of the first to do so. Later works can be more inclusive. This book will, I hope, bring Hmong and English speakers together to talk about health.

I want to thank Ly Xeng for his endless patience and careful attention to detail regarding the translation. If there are mistakes still in evidence they are mine and not his. Thanks are also due to Tao Cheu of the Center for Applied linguistics for his help and support, and to Toua Lee for the cover designs.

ZAJ QHIB LUS

Phau ntawv no yog sau los pab cov Hmoob uas tseem tsis tau paub lus Askiv zoo kom muaj cuab kav piav tau lawv tej teeb meem kev mob nkeeg kom meej meej rau cov kws tshuaj thiab cov neeg uas ua haujlwm pab Hmoob. Phau ntawv no tsis yog sau los qhia lus Askiv los qhia tshuaj - tsuas yog sau los pab cov neeg uas tseem pib tsim dua lub neej tshiab nyob hauv Asmeslivkas.

Hmoob yog ib haiv neeg ntawm tag nrho tsoom neeg thoj nam uas nyuam qhuav tuaj tsim dua neej tshiab hauv cov teb chaws vam meej. Vim tus txhooj tswj teb chaws Los Tsuas tau hloov lawm Hmoob feem coob thiaj nyob tsis taus - thiaj tau tawm tuaj tsim dua neej tshiab nyob thoob qab ntuj. Feem coob tseem khuam rau Los Tsuas teb - tseem niaj hnub raug ntes mus rau txim, raug tua thiab raug lom. Ntau caum txhiab leej tuaj tseem khuam rau hauv cov Yeej Neeg Thoj Nam hauv Thaib teb. Ntau caum txhiab leej kuj tau tuaj tsim dua lub neej tshiab nyob rau Asmeslivkas lawm. Hmoob, tsis hais cov tseem khuam rau Los Tsuas teb los Thaib teb los cov twb tuaj tsim dua neej tshiab nyob rau teb chaws ywj pheej lawm, los txhua leej txhua tus puav leej ntsib kev ntxhov siab, kev nyuaj siab los kev txom nyem huv si.

Hmoob yog ib haiv neeg uas Suav twb yeem paub los tau ntau pua xyoo lawm, tsuas yog tias cov neeg Tawv Dawb thiaj nyuam qhuav paub Hmoob los tau tsis ntev no xwb. Tamsim no, tseem tshuav Hmoob coob nyob Tuam Tshoj. Vimqhov Los Tsuas teb tau poob rau Fabkis tes los tau ntau xyoo, ib txhia Hmoob thiaj paub lus Fabkis zoo dua lus Los Tsuas; tiamsis Hmoob feem coob tsuas siv lus Hmoob nkaus xwb. Yav dhau los, ntaub ntawv piav txog lus Hmoob thiab ntawv Hmoob mas muaj tsawg kawg nkaus - tsuas muaj cov tsiaj ntawv Las Tees (RPA) uas tau raug tsim rau Hmoob siv xyoo 1950 nkaus xwb. Vim li ntawd, kuv thiaj xav tias phau ntawv no tej zaum yuav yog thawj thawj phau uas yuav pab tau Hmoob piav txog lawv tej kev mob kev nkeeg rau lwm haiv neeg paub.

Kuv thov ua Xeeb Lis tsaug ntau ntau ntawm qhov nws tau siv tag nrho nws lub tswv yim laj lim plab plaw los ua tib zoo txhais phau ntawv no. Yog tseem pom qhov twg yuam kev, kuv yog tus yuam - tsis yog nws yog tus yuam. Ua ke no, kuv thov ua Cawv Thoj uas ua haujlwm hauv Center for Applied Linguistic tsaug ntau ntau ntawm nws tau fuas zias nws lub sijhawm muaj nqi los nrog txhim kho phau ntawv no kom piav tau meej thiab txhais tau raug raws lus Hmoob. Thaum kawg no, kuv thov ua Tuam Lis tsaug ntau ntau ntawm nws tau pab kes daim duab nraum daim qhwv phau ntawv no.

II. A WORD ABOUT THE LANGUAGE
LO PUAV LUS HAIS TXIG NTAWV HMOOB

The Hmongs have been moving from China into Southeast Asia for several centuries and there are still many of them in China. The Chinese call them Miao (苗). There are several Hmong divisions, named for their distinctive clothing, such as White Hmong, or Black, Blue-Green, Striped, or Flowery Hmong. The Hmong Daw, or White Hmong, is the largest group among the Hmong refugees from Laos and it is their dialect that we shall use.

While generally non-literate, some Hmong have in the past written their language with a phonetic system adapted from the Chinese. In the present century a romanization has been developed by missionaries which has been accepted as a standard, although not officially recognized. This is the Romanized Popular Alphabet (RPA) which most literate Hmongs in the United States use. In Laos there is another Hmong alphabet based on the Laotian script and favored by the Pathet Lao, but it is not considered to suit the sounds of the language as well as does the RPA. THE KEY TO RPA IN THIS BOOK OR OTHER PUBLICATIONS USING RPA, IS THAT WRITTEN FINAL CONSONANTS ARE NOT PRONOUNCED. THEY ARE ONLY THE KEY TO THE TONES. It is possible to communicate and even learn the language without knowing the RPA but since it is now the romanization of the literate Hmongs in the United States, and who are now using it for correspondence and for an increasing number of Hmong language journals, it would be useful to be familiar with it.

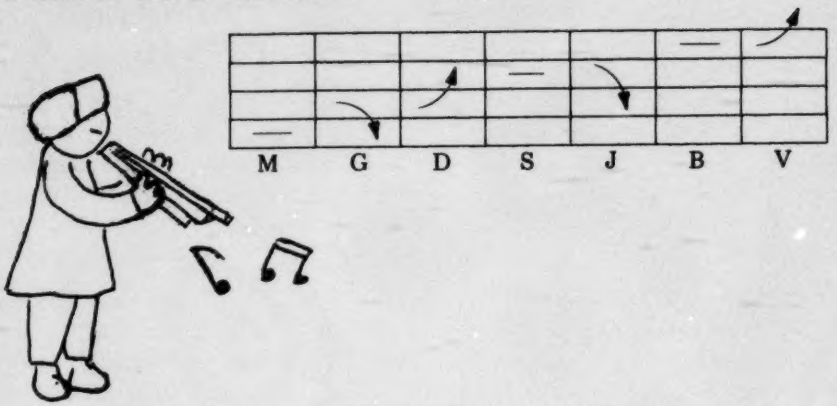
* * * * *

In the RPA, the seven final consonants are written but NOT PRONOUNCED. They are indicators of the seven tones. The rule of thumb would be to disregard them entirely in speaking but listen carefully to the initial consonants and to the tones. In reading, one may recognize the tones by the following final consonants:

	LEVEL	FALLING	RISING
HIGH	b	j	v
MIDDLE	s	g	d
LOW	m		

Where there is no written final consonant the word is assumed to have a neutral tone.

THINK OF TONES AS MUSIC:



Many of the initial consonants and consonant clusters in the RPA are not pronounced the same as they would be in English:

C	tj
CH	t'ye
D	as in English
DH	t'
HL	like Spanish ll
HN	unvoiced aspirated nasal
HNY	hnya
K	between g and k
KH	aspirated k'
N	pure nazalization
NCH	nt'ye
NK	ngu
NPLH	np'l
NQ	nge
NR	ndje
NT	nde
NTH	nt
NTS	ntsh
NTSH	ntch'e
NTX	ndz
NTXH	nts'u
NY	as in Russian Nyet
P	between b and p
PH	p' aspirated
Q	between g and k
QH	like kh but tongue far back in the mouth
R	between d and dh
RH	between t and dh
S	sh
T	between t and d
TH	t' aspirated
TS	between ch and dj
TSH	ch' aspirated
TX	between dza and tza
TXH	tch
X	s
XY	sye
Z	zh as in measure

VOWELS

A	ah	W	uh
E	ey	EE	eng
I	ee	OO	ong
O	awe	AA	ang
U	oo		

DIPTHONGS

AI	as in why
AU	as in how
AW	as in luck
IA	as in Maria
UA	as in renewable

3

CLASSIFIERS

Classifiers are noun modifiers which describe category, such as a LOAF of bread, a FLIGHT of birds, a DROP of water, a GRAIN of sand, a LENGTH of rope, a SLICE of bread, a PAIR of shoes, etc. The Hmongs put a classifier before almost every noun, which gives a hint of what kind of noun is coming. Some of them useful in the discussion of health are:

CHAV . . . . . .rooms
CHIB. . . . . .periods of time
DAIM . . . . . .flat things, blankets
HOM . . . . . .kinds, sorts
LEEG . . . . . .persons
LUB . . . . . .houses
MOB . . . . . .sickness
NPAUM. . . . . .portions
NTSHWV . . . . . .smoke, steam, wind
PAB. . . . . .groups of moving things or people
PAWG . . . . . .groups of stationary things or people
PHAUM. . . . . .time of sickness or epidemic
PLUAS . . . . . .meals, doses
RAB . . . . . .weapons, utinsils
TUS. . . . . .people, animals, birds
TXHAIS . . . . . .arms, hands, feet, legs
TXOJ . . . . . .things in length, including human life
YAM . . . . . .kinds, classes

ABSTRACT NOUNS need no classifier.

Ex: KUV NTSHAI MOB
I fear sickness

WORD ORDER is similar to English.

Ex: NWS YOG XIB HWB
He is teacher

INTERROGATIVE

The simple question is formed by using PUAS after the pronoun unless the following is used, in which case it is omitted:

LI CAS	how	QHOV TWG	where
LEEJ TWG	who	DAB TSI	what
THAUM TWG	when	VIM LI CAS	why

NEGATIVE

The negative particle TSIS is [illegible]l before the verb.

ADVERBS AND ADJECTIVES

The same word will usually describe both a person or an action. It will go after the verb or the noun.

COMPOUND SENTENCES

Two simple sentences are joined by the following conjunctions:

THIAB	and	LOS YOG	or
CES	then	TSIS LI	otherwise
TAB SIS	but	YUAV KOM	so that, in order to
MAS	so		

COMPARATIVE

ZOO	good	PHEM	bad
ZOO DUA	better	PHEM DUA	worse
ZOO TSHAJ	best	PHEM TSHAJ	worst

QEEB	late
QEEB ME NTSIS	later
QEEB TSHAJ PLAWS	latest

SUPERLATIVE

The adjective is often doubled as in ZOO ZOO, very good, and for emphasis a higher than usual pitch is employed and held. It gives an extra meaning of "really good! WOW!!" Some students of the language have considered this to be the eighth tone. They may or may not be taking tones too seriously, but it does give a suggestion about how tones develop.

PRONOUNS

Pronouns do not change forms as they do in English:

Singular		Plural	
KUV	I, me, my, mine	PEB	we, us, our, ours
KOJ	you, your	NEB, NEJ	you, your
NWS	he, she, it him, her his, hers		NEB, with a rising tone is "you two", as to a pair of people NEJ, with a lowering tone is "you all", speaking to several, or many, people
		LAWV	they, them, their, theirs

GENDER

Gender is usually understood. The same pronouns are used regardless of sex. Sometimes to make things more clear the words NIAM, woman, or TXIV, man is used.

VERB TENSES

Time is expressed by particles such as YOG, present; LAWM, past; YUAV, future. In the absense of these it is present or continuous time. When yesterday, NAG, or tomorrow, TAG KIS, is used there is no need for those particles.

POSSESSIVE

Possessive is shown in the following:

KUV	PHAU	NTAWV
My	(cl)	book

POSSESSIVE PLURAL

Plural possessive is expressed by adding a number:

KUV	OB	PHAU	NTAWV
My	two	(cl)	books

and also by using a plural classifier such as PAB:

LAWV	YOG	IB	PAB	ASMESLIKAS
They	are	one	(cl)	Americans

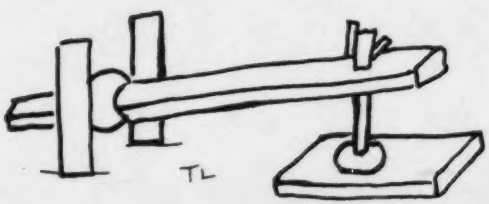
In this example the classifier PAB functions as GROUP OF would function in English.

CONDITIONAL OR SUBJUNCTIVE

YOG	YUAV (future)
if	then

YOG	TAU (past)
if	then

* * * * *



III. USEFUL PHRASES
COV ZAJ LUS UAS NIAJ HNUB SIV

Hello, welcome ..... KOJ TUAJ LOS, NYOB ZOO

(Answer to hello) ..... AWS TUAJ OS

Is there a taboo? ..... NEJ PUAS CAIV OS?
This means is it OK to come in? (as when sickness is in the house)

Come in. ..... LOS TSEV OS

How do you say this in Hmong/English? .....
KOJ HAIS QHOV NOV UA LUS HMOOB/ASKIV LI CAS?

I don't know ..... KUV TSIS PAUB

I know. ..... KUV PAUB

What did you say? ..... KOJ HAIS LI CAS?

Do you understand? ..... KOJ PUAS NKAG SIAB?

I understand ..... KUV NKAG SIAB

I don't understand. ..... KUV TSIS NKAG SIAB

Please ..... THOV

Thank you. ..... UA TSAUG, CIA LI MAS (formal)

You are welcome, it is nothing .... TSIS UA LI CAS, TXOB UA TSAUG

Are you a Hmong (American)? .....
KOJ PUAS YOG HMOOB (ASMESLIKAS)?

Yes ..... YOG

No. ..... TSIS YOG

Maybe ..... TEJ ZAWM

I am sorry, I beg pardon ..... THOV TXIM

Get well soon ..... KOM ZOO SAI

Do you have a question? ..... KOJ PUAS MUAJ LOS NOOG?

Goodby ..... MUS LAWM NAWB

IV. THE MEDICAL INTERVIEW
LUS NUG TXOG KEV MOB NKEES

Hello, welcome ..... KOJ TUAJ LOS, NYOB ZOO

Good morning..... NYOB ZOO (SIV THAUM SAWV NTXOV)

Good afternoon.....NYOB ZOO (SIV THAUM TAV SU)

Good evening ..... NYOB ZOO (SIV THAUM TSAUS NTUJ)

Please sit down ..... ZAUM OS

Thank you..... UA TSAUG

Do you understand English? ..... KOJ PUAS NKAG SIAB LUS ASKIV?

Do you understand what I am saying?.....
KOJ PUAS TO TAUB KUV HAIS DAB TSI?

Yes, I understand .....KUV NKAG SIAB

No, I do not understand .....KUV TSIS NKAG SIAB

What is your name?..... KOJ LUB NPE HU LI CAS?

My name is --.....KUV LUB NPE HU UA --

What is your clan?..... KOJ YOG XEEM DAB TSI?

My clan is --.....KUV YOG XEEM --

How old are you? .....KOJ MUAJ TSAWG XYOO LAWM?

I am —— years old.....KUV MUAJ —— XYOO

Where are you from?..... KOJ TUAJ TEB CHAWS TWG TUAJ?

I am from Laos .....KUV TUAJ LOS TSUAS TEB TUAJ

Where do you live? ..... KOJ NYOB QHOV TWG?

What is your address? ..... KOJ QHOV CHAW NYOB YOG LI CAS?

I live at –.....KUV NYOB NTAWM --

When did you come to this country?.....
KOJ TUAJ RAU TEB CHAWS NO THAUM TWG LAWM?

I came to this country one year (two years) ago .....
KUV TUAJ RAU TEB CHAWS NO TAU IB (OB) XYOOS LAWM

Do you have a wife (husband)?.....
KOJ PUAS TAU YUAV POJ NIAM (TXIV)?

Do you have children?.....KOJ PUAS TAU MUAJ ME NYUAM?

Do you have other family members in this country?.....
KOJ PUAS MUAJ NEJ COV NEEG IB TSE NYOB TEB CHAWS NO?

Is your wife (husband) in this country?.....
KOJ TUS POJ NIAM (TXIV) PUAS NYOB TEB CHAWS NO?

Who is your closest relative in this country? .....LEEG TWG YOG KOJ TUS KWV TIJ TXHEEB TSHAJ NYOB TEB CHAWS NO?

Where does he (or she) live? .....NWS NYOB QHOV TWG?

He lives in a refugee camp ....NWS NYOB LUB YEEJ NEEG THOJ NAM

He lives in Arlington .....NWS NYOB HAUV ARLINGTON

What is his present address?.....
NWS QHOV CHAW NYOB TAM SIM NO YOG LI CAS?

His address is – ..... NWS QHOV CHAW NYOB YOG –

That person is dead .....TUS NEEG TOD TUAG LAWM

How did he (or she) die? ..... YOG UA LI CAS NWS THIAJ TUAG?

He (or she) became sick and died.....NWS MOB TUAG
drowned ..... NWS POOB DEG TUAG
suffocated.....NWS UA PA TSIS TAUS
was shot .....NWS RAUG TUA TUAG
starved.....NWS TSHAIB PLAB TUAG
bled to death.....NWS LOS NTSHAV TUAG
was hit by a car .....NWS RAUG TSHEB TSOO TUAG
was beaten to death.....NWS RAUG NTAUS TUAG
died of old age.....NWS LAUS TUAG
killed himself, committed suicide .... NWS TUA NWS TUAG
was bombed .....NWS RAUG NPLAUM TUAG

What was your occupation?.....
YAV DHAU LOS KOJ UA HAUJLWM DABTSI?

I was a farmer ..... KUV YOG IB TUG NEEG UA LIAJ
(see page 26 for list of professions)

What is wrong? ..... YOG UA LI CAS?

Do you have a pain? .....KOJ PUAS MUAJ MOB?

How do you feel? ..... KOJ PUAS XIS NYOB?
I feel good.....KUV TSIS MOB
I feel bad..... .....KUV TSIS XIS NYOB
I feel strong.....KUV MUAJ ZOG
I feel weak..... KUV QUAG ZOG
I feel tired .....KUV NKEES
I feel sick.....KUV MOB
I feel hot .....KUV IB CE KUB
I feel cold ..... KUV IB CE NO
I feel nervous.....KUV NCO TSIS TAU DABTSI LI
I feel sad ..... KUV CHIM
I feel better .....KUV NQUAG DUA
I feel worse ..... KUV NKEES DUA

I feel the same . . . . . KUV ZOO XWS LI QUB
I feel shakey . . . . . KUV TSHEE
I feel thirsty . . . . . .KUV NQHIS DEJ
I feel hungry . . . . . KUV TSHAIB PLAB
I feel not hungry . . . . . .KUV TSIS TSHAIB PLAB
I have no appetite . . . . . .KUV TSIS NQHIS DABTSI / or TSIS QAB LOS
I throw up, I vomit . . . . . KUV NTUAV
I have cramps . . . . . KUV MOB TEJ NQAIJ
I have ringing in my ears . . . . . KUV POB NTSEG QUAJ NROV ZIV
I can't hear . . . . . KUV TSIS HNOV LUS
I can't see . . . . . KUV TSIS POM KEV LI
I am blind . . . . . .KUV DIG MUAB
My eyes hurt . . . . . .KUV LUB QHOV MUAG MOB
I can't see well. . . . . KUV POM KEV TSIS TSEEB
I can't remember things. . . . . KUV NCO UB NO TSIS MEEJ
I have a swelling . . . . . .KUV PHOB VOG
I have a lump. . . . . KUV MOB O
I have a goiter . . . . . .KUV O TXIA
I have skin trouble. . . . . .KUV MUAJ TEEB MEEM NTAWM TAWV
I itch . . . . . .KUV MUAJ MOB KHAUS
I have a sore on my – . . . . . KUV MUAJ MOB NYOB NTAWM KUV --
I have lice or fleas . . . . . .KUV MUAJ NTSHAUV
I have worms . . . . . .KUV MUAJ CAB
I have fainting spells . . . . . KUV TSAUS MUAG
I have allergies . . . . . .KUV QAUG
I have a backache . . . . . KUV MOB NROB QAUM
I have an eyeache . . . . . KUV MOB QHOV MUAG
I have a headache . . . . . .KUV MOB TAUB HAU
I have a stomachache. . . . . .KUV MOB PLAB
I have a toothache . . . . . KUV MOB HNIAV

How long have you had this problem? . . . . . .
KOJ MOB HOM MOB NO LOS TAU HOV NTEV LAWM?

(see pages 21, 22, and 23 for other time words)

One day. . . . . .IB HNUB
Several days. . . . . .NTAU HNUB
A long time . . . . . NTEV LAWM
Several, many, years . . . . . NTAU XYOO
Since the war. . . . . .TXIJ THAUM TSOV ROG LOS

Please point to where you hurt . . . . . .
KOJ SIM TAW SAIB KOJ MOB QHOV TWG

I want to give you something to stop the pain. . . . . .
KUV YUAV MUAB IB QHO DAB TSI UA KOM KOJ QHOV MOB ZOO

Are you bleeding? . . . . . KOJ PUAS LOS NTSHAV?

Where are you bleeding? . . . . . KOJ LOS TSHAV QHOV TWG?

Do you have a cough? . . . . . KOJ PUAS HNOOS?

Do you spit or cough blood? . . . . . .
KOJ PUAS HNOOS LOS NTI QAUB NCAUG TAWM NTSHAV?

Do you sleep well? . . . . . KOJ PUAS TSAUG ZOG ZOO?

Do you eat well? . . . . . KOJ PUAS QAB LOS?

What did you eat today? . . . . . HNUB NO KOJ NOJ DAB TSI LAWM?

What do you usually eat? . . . . . KOJ NIAJ ZAUS NOJ DAB TSI XWB?

Do you smoke? . . . . . KOJ PUAS HAUS LUAM YEEB?

Do you drink alcohol? . . . . . KOJ PUAS HAUS CAWV NTSIM?

Have you lost weight? . . . . . KOJ PUAS SEM NQAIJ?

Have you become thinner? . . . . . KOJ PUAS YUAG ZOG?

Do you have ----? . . . . . KOJ PUAS MUAJ -----?

Have you had in the past ----? . . . . KOJ PUAS TAU MUAJ ---- LOS DUA?

When did you last have ----? . . . . . .
KOJ ZAUM KAWG NKAUS YOG THAUM TWG?

arthritis . . . . . MOB QIJ TXHA
bloody stools . . . . . TSO QUAV LOS NTSHAV
bloody urine . . . . . TSO ZIS LOS NTSHAV
constipation . . . . . TSAM PLAB
diarrhea . . . . . ZAWV PLAB
frequent urination . . . . . IB SIJ TSO ZIS IB ZAUG
hemorrhoids . . . . . MOB COV HLAB NTSHA QHOV QUAV
heart trouble . . . . . MOB PLAWV
malaria . . . . . DAB TUB NKEEG, MOB NPAWS
measles . . . . . QHUA PIAS
painful urination . . . . . MOB HEEV THAUM TSO ZIS
rheumatism . . . . . MOB IB CE
smallpox . . . . . QHUA TAUM
sore bones or painful joints . . . . . MOB POB TXHA LOS QIJ TSHA
venereal disease . . . . . MOB KAS CEES
varicose vein . . . . . MOB O TEB HLAB NTSHA DUB

What did you do to cure these ailments? . . . . . .
KOJ TWB MUAB DAB TSI KHO QHOV MOB NO LAWM?

Have you been treated by a doctor before?.....
KWS KHO MOB PUAS TAU KHO KOJ LOS DUA?

When were you last treated by a doctor?.....
THAUM TWG YOG ZAUM KAWG LOS NO UAS
KWS KHO MOB KHO KOJ?

What was wrong then?..... UA KOJ MUAJ TEEB MEEM DAB TSI?

What did he do for you? .....NWS TAU UA DABTSI RAU KOJ LAWM?

What medicine did you use? .....
KOJ TAU SIV HOM TSHUAJ TWG LAWM?

Are you using any medicine now?.....
TAMSIM NO KOJ PUAS TSEEM NOJ IB HOM TSHUAJ TWG?

What are you using? .....
TAMSIM NO KOJ PUAS TSEEM SIV HOM TSHUAJ TWG?

Have you ever been allergic to any kind of medicine?.....
KOJ PUAS TAU QAUG IB HOM TSHUAJ TWG LOS DUA?

What kind of medicine?..... HOM TSHUAG TWG?

Penicillin? .....TSHUAJ KUA MIS?

Have you ever used these drugs? .....
KOJ PUAS TAU SIV COV TSHUAJ NO LOS DUA?

opium? .....YEEB?
heroin? ..... HES LOS IS?
cocaine? .....KOS KHIAS
marijuana?.....NPLOOJ MAG
another kind? .....LWM HOM?

What kind have you used?..... KOJ TAU SIV HOM TWG LAWM?

Have you ever been operated on? .....
KOJ PUAS TAU RAUG PHAIS LOS DUA?

What kind of operation was it? .....PHAIS MOB DABTSI?

Have you ever had a major injury before?.....
KOJ PUAS TAU RAUG MOB LOJ LOS DUA?

Yes, I have..... KUV TAU

No, I have not .....KUV TSIS TAU

How have you been injured?.....
KOJ UA LI CAS KOJ THIAJ RAUG MOB?

I have been shot ..... KUV RAUG TUA
I have been raped ..... KUV RAUG MOS
I have been burned .....KUV MAG KUB NYHIAB
I have been poisoned..... KUV MAG LOM

I have been gassed ..... KUV QAUG ROJ ZEB NTSUAM
I have been bombed .....KUV MAG NPLAUM
I have been cut ..... KUV MAG RIAM
I have been stabbed.....KUV MAG KNAUG
I have been punctured..... KUV MAG CHOB
I have been kicked.....KUV MAG NCAWS
I have been struck by someone ..... KUV MAG NTAUS
I have been struck by a falling object .....
KUV MAG KHOOM POOB LOS NTAUS
I have been hit by a car or vehicle ..... KUV MAG TSHEB TSOO
I have been shocked by electricity.....
KUV MAG HLUAV TAWS XOB NQUS
I have been bitten by a dog.....KUV MAG DEV TOM
I have been bitten by a cat ..... KUV MAG MIV TOM
I have been bitten by a wild animal....KUV MAG TSIAJ QUS TOM
I have been bitten by a snake .....KUV MAG NAB TOM
I have been bitten by a spider . . KUV MAG KAB LAUG TSOV TOM
I have been stung by a bee or other insect.....
KUV MAG MUV LOS LWM HOM KAB PLEV
I have been stung by nettles or poisonous plant .....
KUV MAG NROJ PHEM PLEV

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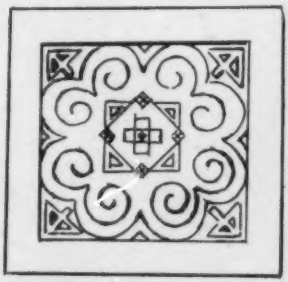

V. THE MEDICAL EXAMINATION
KEV TSHUAJ XYUAS KAB MOB

Please come here . . . . . .LOS NTAWM NO

Please sit down . . . . . ZAUM OS

Please give me your right (left) hand . . . . . .
MUAB KOJ SAB TES XIS (LAUG) RAU KUV

I want to take your pulse . . . . . KUV YUAV NTSUAS KOJ MEM TES

I want to take your blood pressure . . . . . .
KUV YUAV NTSUAS COV NTSHAV KHIAV

I want a stool specimen. . . KUV XAV TAU KOJ IB QHOV QAUV QUAV

I want a urine specimen. . . . . KUV XAV TAU KOJ IB QHOV ZIS

Please give me some of your urine in this jar . . . . . .
KOJ TSO IB QHO ZIS RAU LUB FWJ NO

I want to examine your urine . . . . . .
KUV XAV TSHUAJ XYUAS KOJ COV ZIS

I want to know how much you weigh . . . . . .
KUV XAV PAUB SAIB KOJ MUAJ CEEB THAWJ NPAUM LICAS

Please step up on the scale. . . . . NCE RAU SAUM LUB TEEV LUJ

Please open your mouth . . . . . RUA KOJ QHOV NCAUJ

Please put out your tongue . . . . . HLEV KOJ TUS NPLAIG TAWM TUAJ

Please put this thermometer under your tongue and do not bite it . . . . . .
MUAB TUS NTSUAS NO NTXIG RAU HAUV KOJ QAB
NPLAIG ES TXHOB XO

Please take off your clothes. . . . . .HLE KOJ COV RIS TSHO

I want to listen to your heart and lungs. . . . . .
KUV XAV MLOOG KOJ LUB PLAWV THIAB NTSWS

Please breath in and out slowly and deeply . .MAJ MAM UA PA TOB TOB

Please cough for me. . . . . .HNOOS RAU KUV MLOOG

Please put your clothes back on . . . . . .ROV HNAV KOJ COV RIS TSHO

You need to take medicine . . . . . KOJ YUAV TAU NOJ TSHUAJ

You need (do not need) to go to a hospital. . . . . .
KOJ YUAV TAU (TSIS TAU) MUS CUAG TSEV KHO MOB LOJ

You need to rest . . . . . KOJ YUAV TSUM NYOB SO

You need a special diet . . . . . .
KOJ YUAV TAU NOJ QEE YAM ZAUB MOV XWB

You will feel better soon.....KOJ YUAV XIS NYOB TSIS NTEV LAU

You must stay in bed until you feel better .....
KOJ YUAV TSUM PW KOM KOJ ZOO ME NTSIS TSO

There is no need to worry... TSIS TXHOB TXHAWJ TXOG DAB TSI LI

You must have hope ..... KOJ YUAV TSUM CIA SIAB TOS

Are you afraid?.....KOJ PUAS NTSHAI?

Don't be afraid .....TXHOB NTSHAI

I am (am not) afraid ..... KUV (TSIS) NTSHAI

There is nothing to fear... TSIS MUAJ DABTSI YUAV TXAUS NTSHAI

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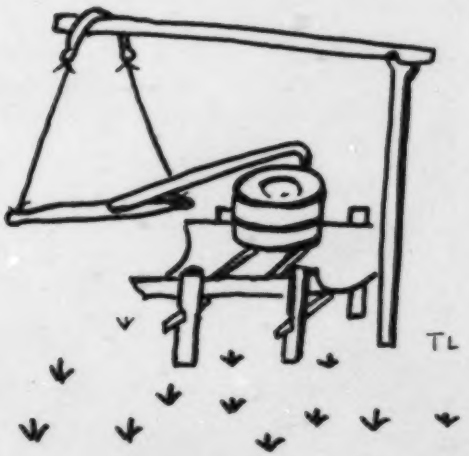

21

VI. ESPECIALLY FOR WOMEN
LUS HAIS TXOG POJ NIAM NKAUS XWB

* * * * *

THE WOMEN'S INTERVIEW
KEV THOM NUG POJ NIAM

Do you menstruate? . . . . . KOJ PUAS COJ KHAUB NCAWS?

Are you menstruating now? . . . . . TAMSIM NO KOJ PUAS TSEEM COJ KHAUB NCAWS?

Are you married? . . . . . KOJ PUAS TAU YUAV TXIV?

Do you have a husband now? . . . . . TAMSIM NO KOJ PUAS TSEEM MUAJ TXIV?

Where is your husband? . . . . . KOJ TUS TXIV NYOB QHOV TWG?

Are you pregnant now? . . . . . KOJ PUAS XEEB LUB?

When did you last menstruate? . . . . . KOJ COJ KHAUB NCAWS ZAUM KAWG NO YOG THAUM TWG?

Have you ever stopped menstruating for more than two months? . . . . . KOJ PUAS TAU TSEG TSIS COJ KHAUB NCAWS NTEV TSHAJ OB HLIS?

Have you ever been pregnant? . . . KOJ PUAS TAU XEEB TUB LOS DUA?

How many times have you been pregnant? . . . . . KOJ TWB XEEB TUB LOS MUAJ TSAWG ZAUS LAWM?

Do you have pain when you menstruate? . . . . . PUAS MOB QHOV TWG THAUM KOJ COJ KHAUB NCAWS?

Do you bleed a great deal? . . . . KOJ COJ KHAUB NCAWS PUAS HLOB?

Do you bleed very little? . . . . . KOJ COJ KHAUB NCAWS PUAS YAU?

Do you have pain during sex? . . . . . KOJ PUAS MOB QHOV TWG THAUM NROG TXIV NEEJ PW?

How many children do you have? . . . . . KOJ MUAJ TSAWG TUS ME NYUAM

I am pregnant (speaking formally). . . . . KUV CEV TSIS TAB SEEB, KUV CEV XEEB TUB

I am pregnant (speaking to women friends). . . . . KUV CEV HNYAV

Did you ever have a baby die in the womb? . . . . . KOJ PUAS TAU MUAJ MENYUAM TUAG HAUV PLAB?

Did you ever have a child die after birth? . . . . . KOJ PUAS TAU MUAJ COV MENYUAM UAS YUG LOS ES TUAG?

Why and when did they die? .....
VIM LICAS THIAB THAUM TWG LAWV TUAG?

When was the last child born? .....
KOJ TUS MENYUAM UAS KAWG NO YOG THAUM TWG?

Do you have lumps in your breasts? .....KOJ PUAS MOB MIS?

Do you have lumps in your throat?..... KOJ PUAS MOB QA?

Are you nursing now? .....
TAMSIM NO KOJ PUAS PUB MIS RAU MENYUAM?

Do you have difficulty nursing? .....
KOJ PUAS PUB MENYUAM NYUAB THIAB?

Do you have enough milk? .....KOJ MIS PUAS MUAJ KUA TXAUS?

Is it painful for you to nurse? .....
KOJ MIS PUAS MOB THAUM MENYUAM NOJ?

What do you feed the child? .... KOJ MUAƆ DABTSI PUB MENYUAM?

Is the child sick? ..... TUS ME NYUAM PUAS MOB?

How does he act? ..... NWS UA ZOO LI CAS XWB?

Does he have a fever? .....NWS PUAS UA NPAWS?

Does he cough?.....NWS PUAS HNOOS?

You must bring him to see me.....
KOJ YUAV TSUM COJ NWS TUAJ NTSIB KUV

Do you want to wait to have more children? .....
KOJ PUAS XAV TOS TSO MAM MUAJ MENYUAM NTXIV?

Do you know how to prevent having children?.....
KOJ PUAS PAUB TXOJ KEV CEEV KOM TXHOB MUAJ MENYUAM?

I can help you to have children only when you want them .....
KUV PAB TAU KOM KOJ MUAJ MENYUAM RAWS LI KOJ XAV MUAJ

I want to give you an examination ....KUV XAV TSHUAJ XYUAS KOJ

Please take off your clothes..... THOV HLE KOJ COV RIS TSHO

I will not hurt you..... KUV YUAV TSIS UA KOM MOB KOJ

You can put your clothes on again .. KOJ HNAV RIS TSHO TAU LAWM

23

VII. WORD LISTS
COV LUS TXHAIS

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1. SEX AND REPRODUCTION
KEV SIB DEEV THIAB KEV XEEB TUB

abortion ..... KEV UA KOM NCHUAV MENYUAM
abortion, spontaneous, miscarriage ..... KEV NCHUAV MENYUAM
abortion, induced ..... RHO MENYUAM
afterbirth ..... TOM QAB YUG TAS
baby, infant ..... MENYUAM MOS
birth ..... KEV YUG
birth control ..... CEEV KEV XEEB TUB
boy ..... TUB
breast ..... MIS
breast feeding ..... PUB NIAM MIS
breast milk ..... KUA MIS
cancer ..... MOB HLAV RAWS NQAIJ LOS POB TXHA
cervix ..... NCAUJ PLAB MENYUAM
child ..... MENYUAM
coitus, sex act ..... KEV PW UA KE, KEV SIB DEEV
conceive ..... PIB XEEB TUB
contraceptive ..... KEV UA KOM TXHOB XEEB TUB
daughter ..... NTXHAIS
fontanelle ..... HAU XAWS
genitals ..... QHOV CHAW MOS
girl (small) ..... ME NTXHAIS
girl (older) ..... HLUAS NKAUJ
infant, baby ..... MENYUAM MOS
labor ..... THAUM YUG
male, man, men ..... TXIV NEEJ
menopause ..... KEV TSEG TSIS COJ KHAUB NCAWS
menstruate ..... COJ KHAUB NCAWS
miscarriage ..... KEV NCHUAV MENYUAM
ova ..... POJ NIAM COV QE XEEB TUB

ovary . . . . . LUB ZAUS QE

ovulation . . . . . KEV TXAV TAWM NTAWM COV QE MENYUAM

ovum . . . . . LUB QE MENYUAM

penis . . . . . TXIV NEEJ QHOV CHAW MOS

placenta . . . . . LUB TSHO MENYUAM

pregnant . . . . . XEEB TUB

scrotum . . . . . DAIM TAWV NOOB QES

semen . . . . . TXIV NEEJ COV DEJ UAS NROG COV KAB MUAJ MENYUAM

sexual relations, sex act, coitus . . . . . KEV SIB PW UA KE, SIB DEEV

testicles . . . . . NOOB QE

umbilicus . . . . . TXOJ HLAB NTAWS

uterus, womb . . . . . LUB TSEV MENYUAM

vagina . . . . . POJ NIAM QHOV CHAW MOS

venereal disease . . . . . MOB KAS CEES

vernix . . . . . COV KUA DAWB DAWB KHUB MENYUAM MOS THAUM YUG TSHIAB

virgin . . . . . TUS POJ NIAM UAS TSIS TAU NROG TXIV NEEJ PW LOS DUA

woman, women . . . . . POJ NIAM

womb, uterus . . . . . LUB TSEV MENYUAM

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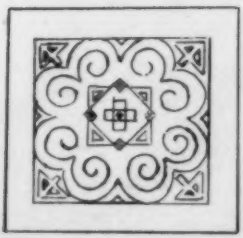

2. NUMBERS AND COUNTING
ZAUV THIAB KEV SUAV

1	IB	20	NEES NKAWM
2	OB	21	NEES NKAUM IB, etc.
3	PEB	30	PEB CAUG, etc.
4	PLAUB	40	PLAUB CAUG
5	TSIB	50	TSIB CAUG
6	RAU	60	RAU CAUM
7	XYA	70	XYA CAUM
8	YIM	80	YIM CAUM
9	CUAJ	90	CUAJ CAUM
10	KAUM	100	IB PUAS
11	KAUM IB	1000	IB TXHIAB
	(ten and one), etc.	10000	KAUM TXHIAB

One man ..... IB TUG TXIV NEEJ
The first man..... THAWJ TUS TXIV NEEJ
The second man .....TXIJ NEEJ TUS OB
The third man .....TXIJ NEEJ TUS PEB

Many things.....NTAU NTAU YAM
Many people ..... NEEG COOB COOB

* * * * *

3. TIME
SIJ HAUM

The Hmong discriminate time more finely than do Westerners so it is good to pinpoint time as exactly as possible. The Hmong have about twenty descriptive divisions of the day based on the agricultural day which begins at "first cocks crow", QAIB QUA THAWJ TSIG and ends "after midnight", IB TAG HMO DUA.

what time is it? ..... TAV CAIJ LI CAS LAWM?
what time was it? ..... TWB TAV LI CAS LAWM?
lifetime ..... CAIJ UA NEEJ
a whole year ..... IB XYOOS NKAUS

season ..... CAIJ

Spring ..... CAIJ NPLOOJ NTOOS HLAV

Summer ..... CAIJ NTUJ SOV

Autumn ..... CAIJ NPLOOJ NTOOS ZEEG

Winter ..... CAIJ NTUJ NO

month, moon ..... HLIS

January ..... IB HLIS NTUJ

February .... OB HLIS NTUJ

March ..... PEB HLIS NTUJ

April .... PLAUB HLIS NTUJ

May ..... TSIB HLIS NTUJ

June ..... RAU HLI NTUJ

July ..... XYA HLI NTUJ

August ..... YIM HLI NTUJ

September ..... CUAJ HLI NTUJ

October ..... KAUM HLI NTUJ

November .. KAUM IB HLIS NTUJ

December . KAUM OB HLIS NTUJ

week ..... LIM PIAM

Monday ..... HNUB IB

Tuesday ..... HNUB OB

Wednesday ..... HNUB PEB

Thursday ..... HNUB PLAUB

Friday ..... HNUB TSIB

Saturday ..... HNUB RAU

Sunday ..... HNUB XYA

day, sun ..... HNUB, LUB HNUB

today ..... HNUB NO

day time ..... NRUAB HNUB

one day ..... IB HNUB

one hour ..... IB TEEV

one half hour ..... IB NRAB TEEV, PEB CAUG FEEB

one quarter hour ..... KAUM TSIB FEEB

morning ..... SAWV NTXOV

noon, mid day ..... TAV SU

afternoon ..... TAV SU DUA, TAV CAIJ HNUB QAIJ

evening ..... YAV TSAUS NTUJ

night ..... HMO NTUJ

tonight ..... HMO NO

last night ..... NAG HMO

midnight ..... IB TAG HMO

after midnight ..... IB TAG HMO DUA

early ..... NTXOV

late ..... QEEB, LIG

a short time, a short while ..... IB PLIAG

a long time, a long while ..... CAIJ NTEV

never ..... TSIS (verb) LI

always ..... NIAJ ZAUS

soon ..... TSIS NTEV, IB PLIAG

sometime.....QEE ZAUS
now.....TAM SIM NO
then.....CES (NOJ HMO TAS CES MUS PW)
in the past.....YAV DHAU LOS
before.....UA NTEJ, THAUM UB
yesterday.....NAG, NAG HMO
day before yesterday.....HNOOB HNUB
two days before yesterday.....OB HNUB UA NTEJ NAG
tomorrow.....TAG KIS
tomorrow morning.....TAG KIS SAWV NTXOV
tomorrow night.....TAG KIS HMO
day after tomorrow.....NEEG KIS
two days after tomorrow.....PUAG NRAUS
a long time ago.....NTEV NTEV LOS LAWM
as soon as possible.....CEEV LI YUAV CEEV TAU
once in a while.....NTEV NTEV IB ZAUG
since.....TXIJ LI THAUM
everyday.....NIAJ HNUB

* * * * *

4. THE FAMILY
TSEV NEEG

The Hmong live in a larger family circle than do Americans, and there is a feeling of relatedness between most Hmongs in a given area. With extended relationships there is a greater discrimination of family terms. For instance there are not only different terms on account of sex and age but as to whether the speaker is male or female. A full treatment of the subject needs another book. However, the most general terms can get us by. One can find out, if one wishes, the relationship by blood or marriage within two generations. Emotionally the Hmong considers more people as part of the family than we do, which makes being a refugee, and filling out official forms, all that more difficult.

clan.....XEEM
family.....TSEV NEEG
parents.....NIAM THIAB TXIV
father.....TXIV
mother.....NIAM

son ..... TUB, ME TUB (small)
daughter ..... NTXHAIS, ME NTXHAIS (small)
cousins and brothers ..... NPAWG THIAB KWV TIJ
son-in-law ..... VAUV
daughter-in-law ..... NYAB
mother-in-law ..... NIAM TAIS
father -in-law ..... YAWM TXIV
parents-in-law ..... NIAM TAIS YAWM TXIV
grandmother, paternal ..... POG
grandfather, paternal ..... YAWG
grandparents, paternal ..... POG THIAB YAWG
grandmother, maternal ..... NIAM TAIS YAWM TXIV POG
grandfather, maternal ..... NIAM TAIS YAWM TXIV YAWG
grandparents, maternal ..... NIAM TAIS YAWM TXIV POG YAWG
grandchild ..... XEEB NTXWV
husband ..... TUS TXIV
wife ..... TUS POJ NIAM
sister, regardless of age, as called by brothers ..... MUAM
sisters, regardless of age, as called by sisters ..... VIV NCAUS
brothers, younger, as called by brothers ..... KWV
brothers, younger, as called by sisters ..... NUS YAU
brothers, older, as called by brothers ..... TIJ LAUG
brothers, older, as called by sisters ..... NUS HLOB
uncles, maternal, regardless of age ..... DAB LAUG
uncle, paternal, younger ..... TXIV NTXAWM
uncle, paternal, older ..... TXIV HLOB
foster parents ..... NIAM THIAB TXIV UAS TU HLOB
stepmother ..... NIAM TSHIAB
stepfather ..... TXIV TSHIAB

* * * * *

THE CLANS
XEEM

The clans function somewhat like the Scottish clans. One belongs to his or her father's clan and marries outside of it.

Clan names are used as surnames. In the past there was less need to stress surnames since everyone in the area knew who one was. But since foreigners have needed names for their paperwork, most White Hmong in the United States carry one of these names:

HMONG'S LAST NAMES AND CLAN NAMES

	Name	Pronunciation		Name	Pronunciation
1	Koo	Kong	10	Faj	Fang
2	Kwm	Kue	11	Thoj	Thao
3	Lis	Lee, Ly	12	Phab	Pha
4	Lauj	Lo, Lor	13	Tsab	Chang
5	Hawj	Heu, Her	14	Tswb	Chue
6	Muas	Moua	15	Khab	Khang
7	Vaj	Vang	16	Xyooj	Xiong
8	Vwj	Vue	17	Tsheej	Cheng
9	Yaj	Yang	18	Ham	Hang

DIVISIONS OR TYPES OF HMONG

1. HMOOB DAWB. . . . . White Hmong
2. HMOOB DUB . . . . . Black Hmong
3. HMOOB NTSUAB. . . . . Blue-Green Hmong
4. HMOOB TXAIJ. . . . . Striped Hmong
5. HMOOB XIAV . . . . . Blue Hmong
6. HMOOB HAIV . . . . . Any Hmong person, Hmongdom

And there are others! But these are the largest of the Laotian groups who are coming here and who will understand Hmong Dawb.

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5. NAMES FOR OTHER PEOPLE
NPE LWM HAIV NEEG

American. . . . . AMESLIVKAS
Cambodian . . . . . KHAB MEEM
Chinese . . . . . SUAV
French. . . . . FAB KIS
Lao . . . . . NPLOG
Refugee. . . . . NEEG THOJ NAM
Thai. . . . . THAIB
Vietnamese . . . . . NYAB LAJ
Yao . . . . . CO

6. OCCUPATIONS
HAUJ LWM

I am a ..... KUV YOG TUS .....

Cook ..... NEEG UA NOJ
Craftsman ..... NEEG UA KWS
Doctor ..... KWS KHO MOB
Farmer ..... NEEG UA LIAJ
Fisherman ..... NEEG NUV NTSES
Medical aide ..... NEEG PAB KHO MOB
Nurse ..... COV TU NEEG MOB
Pilot, airforce man ..... KWS TSAV DAV HLAU, TUS NEEG UA HAUJLWM NRUAB NTUG
Potter ..... KWS PUAB LAUJ KAUB
Soldier ..... TUB ROG
Student ..... TUS ME NYUAM KAWM NTAWV
Teacher ..... XIB FWB
Translator ..... NEEG TXHAIS LUS

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7. ACTION WORDS (VERBS)
COV LUS QHIA UA XWS LI; NOJ, NYOB, PW

Abandon ..... TSO TSEG
Able, to be .. MUAJ CUAB KAV
Abstain ..... YOO
Adhere ..... NPLAUM
Accompany ..... COJ NROG
Agree ..... POM ZOO
Aid, help, assist ..... PAB
Aim ..... TAW RAU
Amputate ..... TU TE
Appear (sun) ..... TSHWM
Appear (person) ..... TAWM
Ask ..... NOOG
Ask for ..... NOOG TXOG
Assist, help ..... PAB
Attach ..... LOS NROG, TXUAS NROG
Bandage ..... NTAUB QHWV QHOB TXHAB
Bathe ..... DA DEJ
Be, am, is, are ..... YOG
Break, fracture ..... TAWG, TXHA TAWG
Build ..... UA (VAJ TSE)
Buy ..... YUAV, MUAS
Call ..... HU
Call on telephone ..... HU XOV TOOJ
Cease, stop ..... NRES, TSEG
Chew ..... ZOM
Come ..... LOS
Come back, return ..... ROV LOS, ROV QAB
Command ..... TXIB, NTHE
Conceive ..... PIB XEEB TUB
Continue ..... NTXIV MUS
Cook ..... UA NOJ
Cry ..... QUAJ
Cut ..... TXIAV

Defecate ..... TSO QUAV
Defend ..... THAIV, TXHEEM
Die ..... TUAG
Dig ..... KHAWB
Dress, put on clothes.....
HNAV RIS TSHO
Drift, float..... NTAB
Drink..... HAUS
Drive..... TSAB
Drop..... TSO
Eat ..... NOJ
Fall, drop ..... POOB, TSO
Flee, run away... KHIAV TAWM
Float, drift ..... NTAB
Forget..... TSIS NCO QAB
Fracture, break .....
TXHA TAWG, TAWG
Go..... MUS
Go up ..... MUS SAUD
Guess..... XAV, TWV
Heal..... KHO MOB
(UA NEEB KHO)
Hear ..... HNOV
Help, aid ..... PAB
Hide ..... NKAUM, ZAIS
Hit, strike ..... NTAUS
Itch..... KHAUS
Kill ..... TUA
Know ..... PAUB
Laugh ..... LUAG
Learn..... KAWM
Leave..... NCAIM
Lie down..... PW, XYAB
Listen ..... MLOOG
Live..... NYOB
Look..... NTSIA
Look for, seek..... NRHIAV
Look like..... ZOO XWS LI
Make, do..... UA
Marry, get married.... SIB YUAV
Massage..... ZAWS, ZUAJ
Meet ..... SIB NTSIB
Mend..... KHO, NTXIV
Menstruate .COJ KHAUB NCAUS
Need to..... YUAV TAU
Open..... QHIB
Operate..... PHAIS
Perspire, sweat..... TAWM HWS
Pierce ..... CHOB
Pull (for teeth, etc.)... RHO, RUB
Push ..... THAWB
Put ..... TSO
Put on..... HNAV
Reach .... TXOG, NCAV, CUAG
Read..... TWM, NYEEM
Receive..... TXAIS
Recover.....
NPOG DUA, TSIM ROV QAB
Remember..... NCO QAB
Resemble..... ZOO SIB XWS
Respond ..... TEB
Rest.....
SO, (NKEES ES SO) SEEM
Return, come back .....
ROV QAB, ROV LOS
Rinse..... YAUG
Rise, get up..... SAWV
Run..... KHIAV
Run away, flee .. KHIAV TAWM
Say, speak..... HAIS
See ..... POM, XYUAS
Seek, look for ..... NRHIAV
Seem.....
NTXIM (NTXIM YOOJ YIM)
Sieze, take..... NQA, COJ
Sell ..... MUAG
Send ..... XA
Shiver, shake, tremble.....
TSHEE, CO
Shoot ..... TUA
Shut, close..... KAW
Sing..... HAIS KWV TXHIAJ
Sit..... ZAUM
Sit up ..... SAWV LOS ZAUM
Sleep..... PW TSAUG ZOG
Smell..... TSW
Smoke.....
HAUS (HAUS LUAM YEEB)

Sneeze . . . . . TXHAM
Soak . . . . . RAUS DEJ
Speak, talk . . . HAIS LUS, THAM
Spit . . . . . NTI AUB NCAUG
Sprain . . . . . TXHAUJ, QIS
Stand . . . . . SAWV
Stand up . . . . . SAWV NTSUG
Stay . . . . . NYOB
Steal . . . . . TUB SAB, NYIAG
Sting . . . . . PLEV
Stop . . . . . NRES, TSEG
Strike, hit . . . . . NTAUS
Study . . . . . KAWM NTAWV
Swallow . . . . . NQOS
Sweat, perspire . . . . . TAWM HWS
Swell . . . . . O
Take . . . . . NQA, COJ
Take apart . . . . . DUA TAWM
Talk . . . . . THAM
Taste . . . . . SAJ
Teach . . . QHIA (QHIA NTAWV)
Tell . . . . . QHIA (QHIA KUV)
Think . . . . . XAV
Throw . . . . . POV
Touch . . . . . CHWV
Try . . . . . SIM
Understand . . . . . NKAG SIAB, TO TAUB
Urinate . . . . . TSO ZIS
Visit . . . . . XYUAS
Vomit . . . . . NTUAV
Wait . . . . . TOS
Wake up . . . . . TSIM DAB NTUB
Walk . . . . . MUS KEV
Wander . . . . . XAV PAUB
Wash . . . . . NTXUAV
Watch . . . . . NTSIA (NTSIA TV), LUB TEEV COJ
Watch out . . . . CEEV FAJ NAWB
Work . . . . . UA HAUJ LWM
Worry . . . . . TXHAWJ
Write . . . . . SAU NTAWV

* * * * *

8. PLACE AND DIRECTION WORDS (PREPOSITIONS)

COV LUS QHIA TXOG CHAW NYOB CHAW MUS

Above, over . . . . . SAUM TOJ
Across . . . . . HLA
Away from . . . . . DEB NTAWM
Behind, back of . . . . . TOM QAB, TOM QAB NTAWM
Below, under . . . . . HAUM QAB
Beside, next to . . . . . IB SAB, PUAB NTAWM
Between . . . . KIS NRUAB NRAB
Center, middle . . . . . NRUAB NRAB
Close, near . . . . . ZE
Down . . . . . LAWM HAUV
Far . . . . . DEB
Here . . . QHO NOV, NTAWM NO
In . . . . . HAUV
In front of, before . . . . . TOM NTEJ NTAWM, UA NTEJ
Inside . . . . . SAB HAUV
Left . . . . . PHAB LAUJ
Low . . . . . QIS
Middle, center . . . NRUAB NRAB
Near, close . . . . . ZE
On . . . . . SAUD
Out . . . . . NRAUD
Outside . . . . . SAB NRAUD
Over, above . . . . . SAUM TOJ
Right . . . . . PHAB XIS
There . . . . . TOD
Towards . . . . . TOM HAUV NTEJ

Under .....HAUV QAB
(Go) Up.....LAWM SAUD
With ..... NROG

North ..... QAUM TEB
South .....QAB TEB
East.....PHAB HNUB TUAJ
West .....PHAB HNUB POOB

* * * * *

9. DESCRIPTIVE WORDS (ADJECTIVES)
COV LUS PIAV QHIA XWS LI; LOJ, ME SIAB

Alive .....CIAJ
Bad ..... PHEM
Big..... LOJ, DAV
Blind..... DIG MUAG
Calm .....
TSIS UA SUAB, NTSIAG TO
Cold .....NO
Comfortable .....
ZOO SIAB KAJ LUG
Crippled ....NEEG UA PUAS IB
YAM TAS MUS LI
Crazy, insane..... VWM
Dead ..... TUAG
Deaf ..... LAG NTSEG
Different.....
TSIS SIB XWS, TXAWV
Difficult ..... NYUAJ
Dumb, stupid, retarded.....
TSIS NTSE
Easy .....YOOJ YIM
Empty.....
KHOOM, QHUAV QHAWV
Enough ..... TXAUS
(Not) enough..... TSIS TXAUS
Fast.....CEEV, SAI
Full.....PUV
Good.....ZOO
Happy..... ZOO SAIB
Hard ..... TAWV
Hot .....KUB
Heavy .....HNYAV
Insane, crazy..... VWM
Intelligent, smart.....NTSE
Lame.....NEEG UAS PUAS IB
YAM NTAWM LUB CEV IB
NTUS XWB YUAV ROV ZOO
Late.....QEEB
Light.....SIB
Little.....ME
Long ..... NTEV
Looks bad..... PHEM
Looks good..... ZOO NKAUJ
Mute, can't speak ... TSIS MUAJ
SUAB/RUAM QAUJ
Narrow ..... NQAIM
Old .....LAUS
Right..... PHAB XIS
Rough.....TSIS DU
Same..... SIB XWS
Sane .....TSIS VWM
Slow .....QEEB
Small.....ME
Smart, intelligent.....NTSE
Smooth..... DU (DU DAIS)
Soft.....MUAG
Sour ..... QAUB

Spotted .....VOG
Sweet ..... QAB ZIB
Tall ..... SIAB
Tastes good .....QAB
Tastes bad ..... TSIS QAB
Thick.....TUAB
Thin ..... NYIAS, YUAG

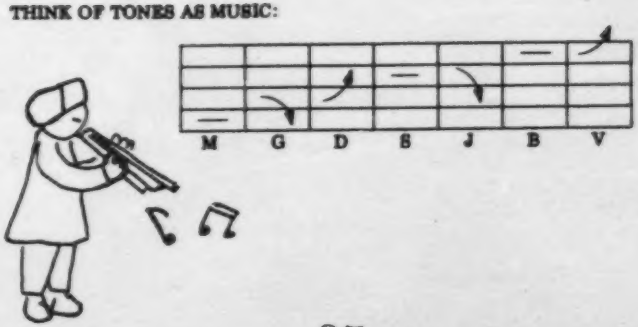
Too little..... TSAWG DHAU
Too much ..... NTAU DHAU
True .....TSEEB
Wide .....DAV
Wrong ..... TSIS YOG
Young ..... HLUAS

COLORS
XÌM

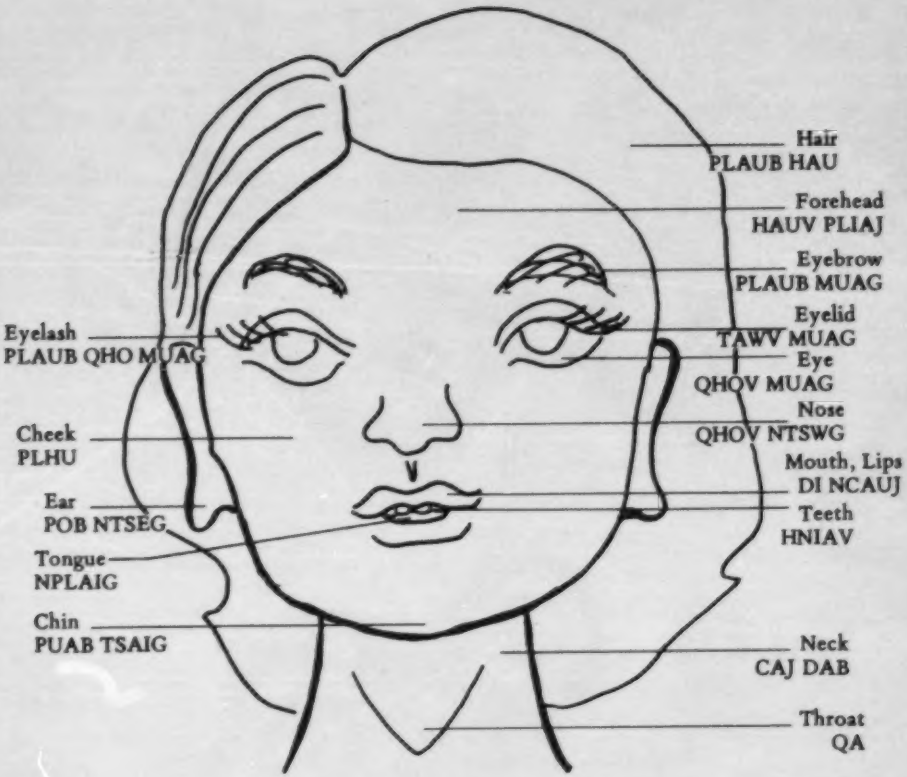
Black .....DUB
Blue.....XIAV
Brown ..... DUB NYOS
Green ..... NTSUAB
Pink..... LIAB DAWB MUAG
Red ..... LIAB
White..... DAWB
Yellow.....DAJ

* * * * *

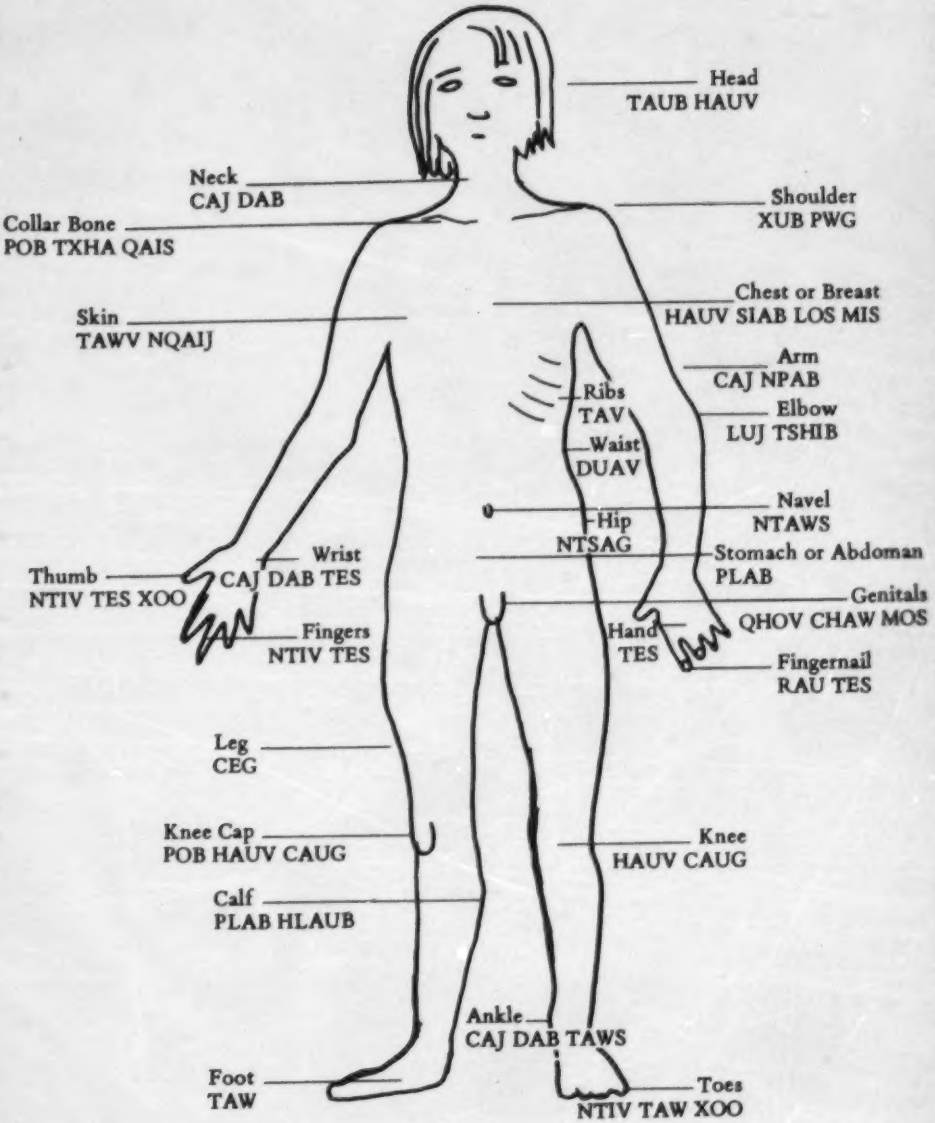
THINK OF TONES AS MUSIC:



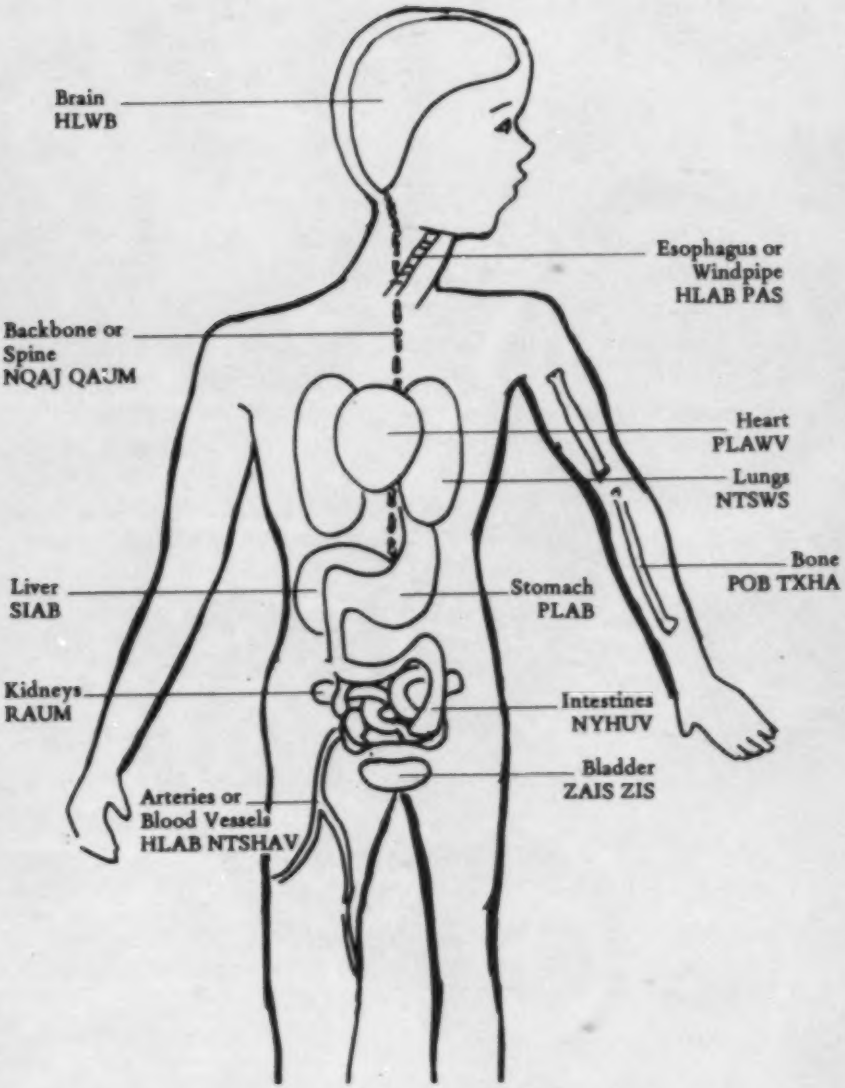
VIII. ENGLISH-HMONG ANATOMY MAPS
ASKIV-HMOOB NPE QHIA NEEG LUB CEV



1. THE HEAD AND THE NECK
TAUB HAU THIAB CAJ DAB



2. THE BODY
LUB CEV



3. INSIDE THE BODY
HAUV NROG CEV

XENG LY is a native speaker of Hmong, and was born in Xieng Khouang, Laos. He completed one year of a basic medical course in Hoei Sai, Laos, then practiced at Hoei Sai hospital and worked for USAID as a field medic. He was trained in malaria control in Vientiane and worked for the Vientiane Sanitation Department. After the war he worked as a medic in a refugee camp at Nong Khai, Thailand and practiced at Nong Khai hospital.

Since coming to the United States he has worked for the Indochinese Refugee Social Services in Alexandria, Virginia as an outreach worker, and at the Center for Applied Linguistics in Washington, D.C. as a consultant.

He now studies English at the Northern Virginia Community College and spend his spare time working with Hmong and Laotian refugees.

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JEAN LEYMAN studied anthropology and Far Eastern Studies at the University of Washington in Seattle and has an MA in psychology from Antioch University, in Columbia, MD. She lived and traveled in the Far East, and taught English as a second language in Okinawa and Washington, D.C.

XEEB LIS YOG IB TUG HMOOB. NWS YUG NYOB HAUV XEEV KHAUM, LOS/TSUAS TEB. NWS TAU KAWM TIAV IB XYOOS KWS TSHUAJ NYOB RAU HAUV HOEI SAI, LOS-TSUAS TEB, THIAB TAU XYAUM UA HAUJ LWM KHO MOB HAUV TSEV KHO MOB HOEI SAI. NWS TAU UA HAUJLWM RAU USAID. NWS TAU KAWM KEV CEEV THIAB TUA KAB NPAWS NYOB HAUV VEESCAM. NWS TAU UA HAUJLWM RAU LUB TSEV SAIB XYUAS KEV NOJ QAB NYOB HUV. KHIAV TUAJ TXOG THAIB TEB, NWS TAU UA HAUJLWM RAU HAUV TSEV KHO MOB NEEG THOJ NAM THIAB TAU MUS XYAUM UA HAUJLWM RAU HAUV LUB TSEV KHO MOB NOOM QHAIS, THAIB TEB.

TXIJ THAUM TUAJ RAU USA, NWS TAU UA HAUJLWM RAU HAUV LUB KOOM HAUM PAB NEEG THOJ NAM XOV TSHOJ (INDO-CHINA) HAUV ALEXANDRIA, VIRGINIA. NWS TAU UA HAUJ LWM IB NRAB CAIJ TXOG KEV SAB LAJ HAUV TSEV KOOM HAUM KEV TSIM NEEJ TSHIAB HAUV WASHINGTON, D.C.

TAMSIM NO NWS KAWM NTAWV HAUV NORTHERN VIRGINIA COMMUNITY COLLEGE. NWS TSEEM NIAJ HNUB NIAJ HMO SIV CAIJ SEEM LOS PAB YIM PUAV HOOMB THIAB NPLOG HAUV ALEXANDRIA.

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JEAN LEYMAN, TAU KAWM ANTHROPOLOGY THIAB KAWM TXOG PHAB HNUB TUAJ NYOB HAUV TSEV KAWM NTAWV THEEM SIAB HAUV WASHINGTON, SEATTLE. NWS TAU M.A. NTAWM PSYCHOLOGY. NWS TAU NYOB THIAB NCIG TXOG PHAB HNUB TUAJ. NWS TUS TXIV YOG IB TUG TUB NROG NRUAB DEG. NWS TAU QHIA LUS ASKIV NYOB HAUV OKINAWA THIAB WASHINGTON, D.C.